## Kirtland AFB Community Action Board (CAB) and Community Action Team (CAT), also called the Base Helping Agencies

The Air Force is committed to maintaining mission readiness through multiagency collaboration and integration of programs and activities that address individual, family, and community concerns.

CABs/CATs are built on a holistic and integrated prevention and Comprehensive Airman Fitness (CAF) framework. This framework assists the Total Force in successfully managing the demands of military life and ensures mission readiness.

CAB/CAT serves as the AF prevention system that collaborates with leaders and prevention stakeholders within the military and civilian community to optimize the access and usage of resources and data informed actions.



Resilience, grit, or ability to bounce back, whatever you call it, is a quality we all aspire to have in our lives.

However, we don't do it alone or in isolation.



Reach out, make a connection, talk to an advocate or friend.

Listed in this brochure are some resources to help you travel your road.



Scan the barcode below to go to the Kirtland Community Support page.



## Kirtland AFB Helping Agencies



Agencies and Resources for Airmen and their Families.

Helping Agencies –	-Local	&
National		

150th Special Operations Wing Airman & Readiness Programs 505-853-5668

Agora Crisis Center Line 505-277-3013

Air Force Wounded Warrior Program 505-846-0741

Airman & Family Readiness Flight 505-846-0741

Alcohol & Drug Abuse Prevention & Treatment 505-846-3305

Alcohol/Substance Abuse http://www.samhsa.gov

American Red Cross 505-265-8514 or 1-877-272-7337

Area Defense Counsel 505-846-5553

Blue Grit Podcast https:// www.resilience.af.mil/Highlights-and-Events/

Chaplain Services 505-853-5000

Command Post 505-846-3777

Community Support Coordinator 505-846-6427

Depression/Suicide Lifeline Chat http://www.suicidepreventionlifeline.org

Diversity, Equity, and Inclusion 505-846-1041

Domestic Violence Shelter—Safe House 505-247 -4219

Employee Assistance Program 1-866-580-9078

Equal Opportunity 505-846-5369

Exceptional Family Member Program 505-846-3244

Family Advocacy Program 505-846-0139

Family Member Programs (Child Development Center and Youth Center) 505-846-1103 or 505-853-5521 or 505-853-5437

Health Promotion 505-846-1186 or 505-846-1483

Inspector General 505-846-2411

Kirtland Against Drunk Driving 505-238-2070

Kirtland Spouses' Club kirtlandspousesclub.com

Mental Health Clinic 505-846-3305

Military Crisis Hotline 1-800-273-8255 (Press 1)

Military Family Life Counselors Adult: 505-415-4027 or 505-440-2481 or 505-730-0080 Child & Youth: 505-350-6762 or 505-280-9016 or 239-896 -4076 MFLC at 150 SOW ANG 505-288-1672 MFLC at Sandia Elementary School 505-639-3524

Military OneSource 1-800-342-9647

National Suicide Prevention Lifeline 1-800-273-8255

New Mexico Crisis and Access Line 1-855-662-7474 (Crisis) or 1-855-466-7100 (Peer Support)

New Mexico Poison Control Center 505-272 -2222

Nurse Advice Line (Tricare) 1-800-874-2273

Personal Financial Counseling 505-846-0741

Public Affairs 505-846-5991

Rape Crisis Center of Central New Mexico 505-266-7711

Recovery Care Coordinator, AF Wounded Warrior Program 505-846-3289

Resident Advocate 505-846-1100

Retiree Activities Office 505-846-1536

School Liaison Officer 505-846-1536 or 505-494-0020

Sexual Assault Response Coordinator 505-846-7272

Sexual Assault Response Coordinator for 150 SOW Air National Guard 505-241-9791

True North Program 505-846-4117 or 505-846-4484

Vets4Warriors Peer Support 1-855-838-8255

Victims' Counsel 202-763-5494 or 202-731-3192

Violence Prevention Program 505-846-0288

Workplace Bullying Institute http://workplacebullying.org